

Introduction

The Winning With Asthma Program was created by the Utah Department of Health Asthma Program in collaboration with the Utah Asthma Task Force and the Minnesota Department of Health. A need to educate coaches and PE teachers about asthma was identified. The program was created to fill this gap. The 25-minute free online class includes coaches from the Minnesota Vikings, Minnesota Lynx and Wild, and the Utah Jazz and Real Salt Lake, and it teaches asthma basics as pertaining to youth athletics. Topics addressed include: what is asthma, asthma triggers, what a coach can do to help an athlete avoid asthma symptoms, and what to do in case of an asthma attack. All Utah participants receive a free clipboard with instructions on what to do during an asthma attack upon filling out demographic information at the end of the course.

The Utah Asthma Program encourages districts, local schools, Parent Teacher Associations (PTA), and Utah athletic organizations to consider the recommendations and adapt them to fit local policies.

Preamble

Whereas, more than 67,000 children in Utah under the age of 18 have asthma;

Whereas, 80% to 90% of people with asthma have exercise-induced asthma;

Whereas, students can carry and self-administer inhaled asthma medication on school campuses with written approval by the child's doctor and parent (UCA 53A-11-602);

Therefore, it is the policy of _____ School District, effective _____ that:
Name Date

- The school district will require all Middle, Junior, and High School sanctioned sports coaches to take the 25-minute online Winning With Asthma class (www.winningwithasthma.org) yearly and provide proof of completion.
- All teachers and parents involved in school-approved Physical Education activities will be required to take the 25-minute online Winning With Asthma class yearly with proof of completion provided to the school.

To achieve these policy goals, the following are recommended:

The Superintendent, Principal, and Wellness Committee will:

- Review the policy yearly to update according to local needs.
- Require proof of completion as provided by the Winning With Asthma Web site and keep documentation

- Encourage all new staff members involved with youth athletics to take the online course upon entering the district

Coaches and Physical Education teachers will:

- Complete the 25-minute free Winning With Asthma course yearly to keep up-to-date on asthma knowledge
- Encourage participating parents and guardians to take the online course
- Provide documentation of course completion
- Encourage student athletes to carry asthma inhalers, as per request of parents and doctors

Endorsement

Superintendent Name

Superintendent Signature

Date